

that case the milk should be pumped from the breast. This is put in a measuring glass and kept warm by placing the glass in warm water; then a medicine dropper can be used to feed it to the child until he can suck. In the meantime he should be frequently placed at the breast to teach him to nurse. A premature babe sleeps almost all the time. He should be fed regularly in spite of this, and as a certain amount of nourishment is necessary to the maintenance of life, great patience and perseverance are necessary in order to make him take the required amount; but do not give up until you have accomplished your purpose. It may take an hour to get him to take one tablespoonful of milk. If the food is sufficient in quantity and of good quality, the child will gain steadily from six to eight ounces a week, after the first week.

When the child is taken up to be fed the diaper should be changed, olive oil and absorbent cotton being used for cleansing purposes, as the skin is too tender to bear frequent washings with water.

In placing the child in his bed, be sure to reverse his position each time. Handle as little as possible, and avoid tub baths until the child has gained strength and resistance. If the babe goes into a profound sleep after a tub bath, it is an indication to discontinue them until he is stronger.

There is no set time for taking the child out of cotton and dressing him in full; we must be guided by his condition. The condition also will indicate when to lower the temperature of the room, which should be done gradually.

---

## CONTAGIOUS NURSING IN PRIVATE HOMES

By SARA M. DICK

Graduate of Illinois Training-School for Nurses

THE following suggestions may prove of some aid to nurses who, though having had the necessary hospital training in contagious work, have not been called on to deal with conditions met with in private homes.

In many homes a suite of rooms is available, so that very little difficulty is encountered in isolating the case, while in others, where means are limited, the nurse's ingenuity is sometimes taxed to the utmost to observe needed precautions without usurping the one bathroom and upsetting the entire routine of the household.

Preferably, the room to be chosen should be on the top floor of the house. Air and light must figure largely in selection, and an important point is to have a room near, or connecting with, a bath-room. There should be as little furniture in the room as possible, and that of the plainest character. Rugs, curtains, etc., should be dispensed with. A sheet, with three or four loops of tape sewed to one end, should be hung by tacks or small brass hooks over the doorway. This sheet can be easily removed and is to be wrung out of a disinfecting solution often enough to keep it moist. This is done in order to prevent any germs from following the draught outward when the door is opened. Removing the sheet to dampen it, will prove less arduous than spraying or sprinkling it with a whisk broom. Platt's chlorides is one of the best disinfectants, having the advantage of being a good deodorant as well. A less expensive one, which is quite good, is three-per-cent. carbolic. Formaline, in strength adequate, would prove far too irritating. A foot-tub containing a three-per-cent. solution of carbolic should be kept in the clothes-closet for soaking all linen that has been used in the sick-room. It is advisable to remove the accumulation of soiled clothes twice a day. It should be sent to the laundry and kept immersed until washed. Sweeping should be done with a covered broom moistened with a disinfectant preferably a three-per-cent. solution of carbolic. Dusters should also be well dampened, and all wood-work, door-knobs, and furniture gone over once a day.

Where only one room is available, the nurse should have her meals served in the hall, just outside the sick-room. All food left over must be destroyed. In the absence of a grate, it must be put into a paper-lined, tightly covered bucket, which should be emptied twice a day. Immediately before being removed to the basement, where the contents should be burned in the furnace, the handle and outside of the bucket should be wiped off with a disinfectant, so that the person emptying it will not be exposed to contagion. The dishes and tray should be rinsed in the bath-room and put through a disinfectant solution, then left in the hall-way to be taken down stairs and cared for by some member of the household.

Out-of-door exercise is most essential for the nurse. She should change her under-skirt, shoes, and outer clothing, making the change in the bath-room, standing on a sheet, if no adjoining room is given over to her. It will be necessary to have some member of the family take charge of her street clothing, bringing it to her when she is ready to use it.

The person relieving the nurse should have a couple of loose cotton wrappers and dusting caps. She should wear short undershirts of washable material, and when leaving the room should doff wrapper and cap and leave her shoes just inside the door. The wrapper and cap should be disinfected and sent to the laundry.

It must be borne in mind that the discharges from the nose and throat, in most contagious diseases, are among the greatest menaces. Flying flakes, from uncovered dried discharges, are very active factors in spreading disease. Small squares of linen, or old muslin, or Japanese paper napkins, which are easily and cheaply obtained, should be used for such excreta and put into paper cornucopias made with several thicknesses of paper, so that one or more thicknesses can be doubled in as a cover. This, and all other refuse, should be consigned to the covered bucket for removal to the furnace. A basin of some antiseptic solution should be kept just inside the doorway for washing the hands before leaving the room. Lysol, four-per-cent., will be found very satisfactory.

A cap, that completely covers the hair, is an essential in contagious cases. What is known as the Puritan dusting cap is perhaps a little more attractive than the old-time round shape.

The subject of disinfection after a case need not be considered here, as it has been adequately dealt with in former numbers of the JOURNAL.

---

## NURSING ETHICS AND ETIQUETTE\*

By CHARLOTTE M. PERRY

Superintendent Faxon Hospital, Utica, N. Y.; Graduate Massachusetts General Hospital

(Continued from page 452.)

*Truthfulness.*—Of all the moral attributes, truthfulness is one which places us most on our honor. To the upright man, nothing is so heinous as any deviation from the truth. There are special professional reasons why nurses should practice strict observance of the rule of careful statement. A nurse's life is complex, full of varied duties and situations which call for ingenuity and tact, as well as for adherence to the truth. She administers powerful drugs, watches im-

\*Lecture given to the pupil-nurses of Faxon Hospital.